

# UNITY DAILY WORD

*A MAGAZINE OF MENTAL SUNSHINE*



**HAPPINESS  
HEALTH  
PROSPERITY**

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**December, 1931**  
**A Page of Inspiration for Each Day**

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

November 20 to December 19

*The rich harvest of heavenly ideas fills me and illumines me with wisdom and understanding.*

*The rich harvest of heaven fills me and thrills me with its harmony and health.*

*The rich harvest of heaven pours its bounty out upon me in never ending prosperity.*

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## UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

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### NOT A WORD

He says to me, "There is no God,"  
This intellectual one,  
That Christ was but a myth, a fraud  
Whose work was neatly done.  
It seems to me that Christ at hand  
Is list'ning all the while  
And that there's understanding love  
Beneath His tender smile.  
How many times throughout the years  
Those words the Christ has heard,  
Has stood denied, denounced, unseen;  
His answer—not a word.  
His answer is the healing touch  
For man and beast and bird;  
When man reviles, He loves instead,  
And answers not a word.

## INVOCATION

There is one Power and one Presence in the universe—the Good omnipotent.

We acknowledge Thee, O Life, Love, and Truth, to be the omnipotent One.

Spirit is the only substance, infinite, eternal, and unchangeable.

Omnipotent Goodness and Love, we are now in Thy sacred presence.

By Thy breath the whole universe is created.

By Thy love the whole universe is sustained.

By Thy life the whole universe leaps with joy and gladness.

There is naught else besides Thee.

There is no place that is not filled with the health of Thy countenance.

Thou art infinite; all is contained within Thee.

Thou art unchangeable; nothing ever falls from Thee.

I am Thy child, created in Thy likeness and perfect image.

I am sustained in Thy perfect image.

Help me to know the power that Thou hast given me.

Help me to see the power, to let the light of Truth shine.

Manifest Thyself in me as a healing presence.

Manifest Thyself in me as a strengthening presence.

Manifest Thyself in me as a loving presence.

To the All-Good be the honor and the glory, forever and forever. Amen.

—Anna W. Mills.

## MENTAL SUNSHINE



MENTAL SUNSHINE is truly a radiation from the Son of God, and the one who is sunny-minded has found himself to be the child of heaven, the son of fortune. When we contact a person who is sunny-minded, he seems to light something within us and we blaze with an inner glory, a new-found happiness, a joy celestial.

There are no gloomy days for those who have their own mental sunshine. They go through life shining through the seeming clouds, dispelling gloom and disease. The sunshine ordinarily thought of as an antidote to disease is as nothing compared to the sunshine of the mind and soul at one with Spirit. There is healing in this sunshine. Then does "the sun of righteousness arise with healing in its wings."

They whose thought is purified of all negation show the light of their inner sun reflected upon their countenance. "Then shall the righteous shine forth as the sun in the kingdom of their Father," the kingdom of light and love within them. No external thought can dim their light, no belief in evil can obscure their glory. "It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ."

Understanding gives us mental sunshine. Wisdom based on our understanding of our true relation to God and the universe makes us shine with light and joy. "They that are wise

shall shine as the brightness of the firmament," the glory of the sun, the light of heaven. We become mentally sunny when we realize the nothingness of the seeming mists and fogs of life. Our souls shine with an inner light when we realize that we are not children of misfortune but children of light.

The people of the world could easily be divided into two groups, which we might designate as children of darkness and children of light. Let us call those the children of darkness who think of themselves as living in the dark—in evil, sin, misfortune, disease, fear, hate, lack, failure. They are of darkened countenance who think of evil and external things as having power over them, power to dim the light of Spirit within them. On the other hand, they are children of light who have found Truth, who have found God within themselves. They belong to the realm of heaven and abide in light, peace, love, courage, health, joy, and plenty.

Mental sunshine is but a radiation from that consciousness in which God is enthroned as light, and where there is no belief that any person, thing, or circumstance can overshadow it with evil. When those who are mentally sunny come near us, they share their sunniness with us. We partake of their consciousness of Truth and of light. In the sick room they come as a beam from heaven. The belief in sickness loses its grasp upon the invalid when mental

sunshine appears.

In the presence of mental sunshine we feel closer to heaven. We seem to sense the glory of things celestial and we note the rapid disappearance of things earthly. Light fills the consciousness of those who are sunny-minded and joy floods their soul. They live on the mountain peaks of life. They catch the first rays of the dawn. They live close to God.

Would you be mentally sunny? Would you be a child of light and joy? Then know the truth. Realize your utter freedom from ignorance, darkness, fear, and depression. Know that in reality the sun of God shines within you. Know that in truth nothing can dim this light. Realize that God in the midst of you is shining through all seeming darkness, mist, or fog.

In truth you are the illumined, inspired, and joyful child of God. In truth nothing can dim your light or affect your joy. Even when you are not conscious of its presence, the light of God still shines. The joy of your inner man is never affected, the light is never dimmed. As you continue to increase in understanding of your relation to the divine, your light will increase in brightness. Mental sunshine will spread to every part of your being, and "thy whole body shall be full of light."

Mental sunshine is a panacea for all ills, because the light of Truth is the revelation of ourselves as we exist in perfection unqualified.

## "WRITTEN IN HEAVEN"



**A**LWAYS remember that "nothing shall in any wise hurt you . . . but rejoice that your names are written in heaven." Remember that you are untouched by belief in the power of external things for, in truth, you are one with the Unharméd, the Unlimited, the Unafraid of the heavenly order. In heavenly consciousness, in the realization of the truth regarding you, you are to think of yourself as altogether perfect, free from limitation and blemish.

Never think of yourself as falling short in the eyes of God. Do not think of yourself as less than the son of God, for such you are in reality. Remember that God is "of purer eyes than to behold evil," and so He sees no evil in you—even though you think you see it in yourself. He still claims you as His perfect child—even though you think of yourself as a child of sin, want, and imperfection.

Yes, your name is already written in heaven. In the higher realms of mind and of Spirit you are acknowledged as free from all limitation, fear, sin, disease, and failure. Your name is the name of peace, light, love, joy, and wholeness. If you have been inclined to give yourself the name of discontent, misfortune, discouragement, and disease, you have been thinking contrary to the high Truth of heaven.

To you who are now overcoming baser thoughts of yourself will be given "a white stone, and upon the stone a new name written."



But one condition is necessary: that you overcome negative thoughts about yourself, that you no longer name yourself evil, sinful, or unsuccessful. This "white stone" is free from all circumstances of the past. It matters not what you have been, what you have done. Your name is written in heaven as a child of God, like unto Him, created in His image and likeness.

If today you are unhappy, thinking of yourself as a failure, naming yourself with names contrary to the Truth, discontinue the practice. Accept this message! You are the child of God and as such you deserve the name of good, the name of love, the name of health. Remember that there is nothing to hurt you—neither sin, disease, nor failure. Rejoice that in heaven, in Spirit and in Truth, your name is courage, perfection, love, health, and success.

How can this be applied to circumstances of the present time? In Truth you are not without health, without means. Through adverse thinking you may find yourself in a state of ill health and want, but the reality is that you are still the child of God, the child of health and plenty. Your part now is to attain the high calling that is yours as a child of God. You are to overcome all belief in limitation and to become that which you are in Truth. You are to know, right now, that you are healthy, perfect, successful.

## LITTLE BY LITTLE

Little by little the time goes by—  
Short, if you sing through it, long, if you sigh.  
Little by little—an hour a day,  
Gone with the years that have vanished away.  
Little by little the race is run;  
Trouble and waiting and toil are done.

Little by little the skies grow clear;  
Little by little the sun comes near;  
Little by little the days smile out,  
Gladder and brighter on pain and doubt;  
Little by little the seed we sow  
Into a beautiful yield will grow.

Little by little the world grows strong,  
Fighting the battle of Right and Wrong;  
Little by little the Wrong gives way—  
Little by little the Right has sway.  
Little by little all longing souls  
Struggle up nearer the shining goals.

Little by little the good in man  
Blossoms to beauty, for human ken;  
Little by little the angels see  
Prophecies better of good to be;  
Little by little the God of all  
Lifts the world nearer the pleading call.

—*Reprinted from "Heart Throbs."*

## SILHOUETTE



HE SECRET of his mastery and success was revealed to me as he stood before me: the background of his life was one of light. The profile of his soul stood out in pleasing lines of rarest etching against a background of understanding, peace, love, and power. His whole stature appeared to be silhouetted against the light of his God, like a tower of granite against the morning shafts of dawn.

As I noticed the ease with which he spoke, the confident assurance characteristic of his every thought and word, the calm, almost Christlike manner, my heart silently voiced these words: "What a background!" He seemed to belong to a race of men entirely distinct from that made up of those who go through life in mental turmoil, fearful and unconfident, unpoised and discontent. He seemed to stand out as one come into a modern setting, but belonging to a race almost foreign to earth.

Our conversation took many turns but, finally, seemed directed to the subject of a tangible philosophy of life. At this point, I confirmed my discovery of his secret. He had made the discovery of some age-old science of life. His peace and sense of mastery were based upon this.

Years before, when he was quite a young man, at a time when he was in quite a mental confusion about religion, at an age when he was battling over what appeared to be indecision,

doubt in religion, questions of the future, he came into possession of a small card, yellowed with age, on which was writing almost indecipherable. From all appearances, it had belonged to his grandfather, a man known for strength of character and ability to succeed in face of trial and seeming defeat.

As he labored over the writing, he was rewarded in finding the following appear before his wondering eyes:

*Upon these seven stones do I build  
my life, and nothing can prevail  
against them:*

LIGHT	Psalms 27:1
PEACE	Psalms 119:165
FAITH	James 1:6
LOVE	I John 4:12
HEALTH	Luke 3:6
JOY	Zeph. 3:17
PROSPERITY	Phil. 4:19

Turning to an old King James translation of the Bible, we found these passages:

"The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?" "Great peace have they which love thy law: and nothing shall offend them."

"Let him ask in faith, nothing wavering." "If we love one another, God dwelleth in us, and his love is perfected in us." "All flesh shall see the salvation of God." "The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love; he will joy over thee with singing." "My God shall supply all your need according to his riches in glory by Christ Jesus."

No doubt the original owner of the card had built character against which nothing could prevail. No doubt he had founded his life on the very substance of Truth as revealed in the Holy Book. What light, peace, faith, love, health, joy, and prosperity await him who builds his life upon these stones! My friend's life attests to the power of the teaching. The secret of his life revealed to me the source of the very foundation structure of his existence.

As I looked at him I felt that his personal life was but an exterior to some tower of strength that had come down to mankind through all ages. I felt that within him was the very power of heaven. I seemed to sense behind him a background created by heaven itself. He moved as one urged forward by intense power, moving unafraid, strong but gentle, indomitable but compassionate.

His silhouette revealed understanding, harmony, brotherly love, joy, and mastery.

## FORGIVE YOUR YESTERDAYS

Forgive the past and all mistakes  
And all the failures and heartaches;

Forgive your yesterdays.

Forgive the days so hard, so long,  
The times when evil seemed so strong,  
The days with scarcely one sweet song;

Forgive your yesterdays.

Forgive associates unkind  
And drop such mem'ries from your mind;

Forgive your yesterdays.

Forgive all dealings filled with loss;  
Forgive hard times, the heavy cross,  
Forgive the evil and the dross;

Forgive your yesterdays.

Forgive the grief, the pain, the bruise;  
Forgive the days you seemed to lose;

Forgive, forgive, forget.

Forgive the past. Unseen, it dies;  
Your vict'ry, in forgetting, lies;  
Forget and, in forgetting, rise!

Forgive, forgive, forget.

TUESDAY, DECEMBER 1

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*I have faith in my ability to accomplish today that which I have set out to do.*



REALIZE today that I have power through my indwelling Spirit to bring to pass that which I desire. I have faith in the might of Spirit within me to make me successful in all that I undertake. I know that nothing external can dampen the ardor of my faith or make me doubt my ability to do all things.

This day I am loyal to the principle of Christ, I have faith in His teachings, I show fidelity to Him in all ways. I realize that He is the only power in my life and that, through my loyalty to Him, I am identified with His power to bring into manifestation that which I desire.

Having in mind that which I wish to accomplish today, I confide in Spirit within me. I secretly whisper the longings of my soul. I voice my aspirations for things higher. I feel that the might of God is strengthening my faith, removing all doubt, and directing me to that for which I yearn.

My faith increases as I direct my thought to God, sense His presence, and feel Him uniting His power with mine.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

WEDNESDAY, DECEMBER 2

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*Why should I worry? I have confidently placed all my affairs in God's keeping.*



ODAY my purpose is to free myself from all tendency to worry. My intention is to rise to that consciousness of trust in God in which I am free from all inclination to be anxious. I resolve to have more confidence in God and less in the working of adversity. I cease to worry, because no longer do I think that my good depends upon my own personal efforts. I confidently place my affairs in the hands of God. I cannot be anxious when I trust Him. I cannot worry over the outcome of my affairs when I know that God is truly blessing them, bringing into manifestation peace, order, justice, success, and plenty.

God willingly accepts my burdens, worries, and cares. In exchange He gives me confidence in Him and freedom from worry. I am now in control of my thoughts, and find that I do not have to think thoughts that produce anxiety. I can just as easily think thoughts of faith as thoughts of doubt.

Placing all my affairs in God's keeping, I know that wisdom, order, and success are established and manifest in them.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*



## THURSDAY, DECEMBER 3

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*I abide in the consciousness of perfect freedom because I know that no adverse thought, person, or thing can limit or enslave me. I am free.*



ENTERING the consciousness of freedom in Christ, I find myself liberated from preconceived beliefs in bondage. I am delivered from all bondage to adverse beliefs. I am free from the thought that evil, fear, or hate can enslave me. Knowing the Truth of Christ, I cannot be bound to adverse beliefs.

No person or external circumstance can limit my life, joy, health, or success. Nothing in all this world can interfere with or limit God, now expressing Himself through me. Nothing can prevent my manifesting the higher qualities of divine sonship, now seeking expression. Nothing can interfere with my God-given freedom.

I am now free because Christ in me has declared my perfect freedom. I am free because I know and accept His Truth. I refuse to be bound again by the race belief that persons, things, or circumstances can keep me from being free, happy, healthy, and successful.

Proclaim liberty to the captives, and the opening of the prison to them that are bound.—*Isa. 61:1.*

*God's goodness expressed through me replaces the appearance of evil in my world, and I live in a world of good.*

**T**HROUGH spiritual consciousness I perceive my supremacy over that which I have thought of as evil. Rising to the heights of the goodness of God, I see the apparent nothingness of all that is unlike God. I see that in the world of Truth, God's kingdom, there is only the presence of God, the omnipresence of good.

I know that evil is that which appears to exist when I fail to realize the existence of God, the good. I know that evil cannot have life, being, reality, existence, or permanence, because, being opposite to Truth and to God, it can possess none of these. When I realize the omnipresence of God, I put an end to all my belief in evil.

Since evil, sin, disease, hate, fear, and lack are now being replaced in my life by God's goodness, I see an end to all that I have thought of as evil, as lacking the presence of God. I behold God manifesting Himself as good, life, love, health, and plenty. I see the omnipresence and omnipotence of good annihilating every appearance of what I have called evil.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

*Awakened to the joy of my indwelling Spirit, I am filled with joy.*



**S** I TURN my attention away from the thoughts and things that have seemed to make me sad and depressed, I find the presence of Spirit within me filling me with joy. I see the inability of external things to make me unhappy. I find the perfect joy of Spirit within me, my safeguard against sorrow and depression.

I realize that persons and things cannot affect my happiness when in my mind I realize their inability to do so. I know that nothing external to me can change the status of my inner being. I realize that the joy of Spirit within me is constant, enduring, and eternal.

Awakened to my inner joy, the joy of heaven, I have an insight into a world of joy. My inner happiness places me in a world of happiness. I see all evidence of sorrow excluded from my life and from my world. Since God as joy prevails throughout my life, no situation creating unhappiness can enter my world or be a part of me.

As I go forth this day I walk in joy. My mind and my whole being are flooded with the joy of Spirit.

Then will I go unto the altar of God,  
Unto God my exceeding joy.

—*Psalms 43:4.*

*Every unloving thought is now cast from my mind, and I meditate upon and abide in the love of God.*



**A**MONG adverse thoughts that I am now excluding from my mind are those of hate and fear. Abiding in the love of God, I have power to erase from mind every unloving thought. I know that I cannot love God and, at the same time, think thoughts that are unloving. I know that I have power to control my thought and to think loving thoughts.

God's love now fills my mind and my heart. Every unkind, ungenerous, unloving thought is cleared from my mind. I do not entertain unloving thoughts about myself. I do not think of others in an unloving way. Love prompts me to rise above all envy, hate, and personal animosity.

Love inspires me to rise above all belief in unforgiveness or revenge. Through love I enter spiritual and impersonal consciousness. I am now in that same consciousness in which Jesus was when He knew the fullness of divine love to the exclusion of all opposing thought.

My love—the love of Christ in me—endures through every test. Christ through me pours out love upon everything of my world.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

MONDAY, DECEMBER 7

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*I cannot lack life. The Spirit of God fills and animates me with inexhaustible life.*

**M**Y LIFE is from God, my Father, in the midst of me. No belief in insufficiency or cessation of life can cause me to become separated from the life currents that unite me to the Father. No thought of disease or death can appeal to me as having Truth to sustain it, or as having power to establish itself in the place of the truth about life.

I cannot be separated from life except to the extent that I mesmerize myself into such a belief. In Truth, I am eternally unified with the life of God. I am one with universal life. My God is a living God and I am unified with Him, partaking of all that He is, sharing His life and strength.

As God lives, so I live. I am an open channel through which God pours out His life into expression. Through my mind and into my body goes the cleansing, healing, strengthening life of God. At one with His life, I cannot lack life.

I live in God. His presence is within and about me. There is no place for any belief in separation from Him or from His life.

As the Father hath life in himself, even so gave he to the Son also to have life in himself.—*John 5:26.*

TUESDAY, DECEMBER 8

*All sense of impurity is now cleared from my mind and my body, and I am mentally and physically cleansed.*



THROUGH clearing my senses of all belief in sin, evil, and disease, none of these can exist in my world. I do not see evil or think about it. My mind is cleared of all belief that impurity can lodge in my body. My thought is free from all belief that sin, evil, and disease can be a part of me.

The Spirit of Christ now active in me is cleansing, purifying, and freeing me from all error and from the manifestation of error beliefs. As I undergo a mental purification, I feel myself becoming physically cleansed. The presence of Christ has displaced every evidence of impurity.

As Christ in me is pure Spirit, so in truth am I pure, radiant, and free. No human belief can becloud my innate purity in Spirit. I am pure in the health of God, uncontaminated by belief in disease. I am pure in the life of Spirit, unlimited by sense concepts of life.

I now stand forth as that which God has created, His pure image and likeness. No belief in impurity can sully my spiritual nature. Nothing in all the world can destroy the pure image of Himself which God has created as perfect man.

Of purer eyes than to behold evil.—*Hab. 1:13.*

*In my body are embodied the life, health, and strength of God, who inhabits my body temple.*



**M**Y BODY is the embodiment of God's expressions. All that He is in Truth He manifests and embodies as visible evidence of His life, health, and strength. My body is in Spirit and in Truth His living temple. His presence fills it, and I become conscious of His life as my life.

My body is now full of the light of God's grace. Nothing unlike Spirit can abide within it. Evil, sin, and disease cannot lodge in the presence of God or occupy that which is dedicated to Spirit. In my body God has embodied Himself—peace, light, love, health, perfection.

I now realize that my body is not something to be despised or denied. As my thought ascends to heaven, so do I perceive that in Spirit my body is a holy temple, "a building from God, a house not made with hands, eternal, in the heavens." I realize that my body becomes spiritualized as I spiritualize the thought which sustains it.

I cease to think of my body as material or physical. I know that former concepts of it have now passed away and it is being renewed, regenerated, and transformed.

Thy whole body shall be full of light.—*Matt. 6:22.*

*New ideas fill my mind and manifest in my life as the all-permeating Spirit of newness.*



**NOW RISE** to the consciousness that in Spirit all things are made new. In Divine Mind there are no crystallized ideas. In Spirit I am filled with new thoughts and new inspiration. I am eternally renewed by the Spirit of newness that permeates me.

I rise to the consciousness that my environment is relieved of every unpleasant situation. My world is freed from inharmonies of the past, and I live in a new world. I see all things in a new light. I see my relatives, associates, and friends through eyes of Spirit. I see them freed from the shortcomings of yesterday and revealed in the light of their perfection today.

In reality my world is one of continually evolving newness. Old conditions of the past have changed and passed away. New situations, those of pleasantness and of peace, are now manifesting. My world takes on the character of that which is its substance and background, the very Spirit of newness.

I feel renewed in mind and in body because I often dwell upon such heavenly thoughts as proceed from meditating upon new ideas.

He hath put a new song in my mouth.—*Psalms 40:3.*



*God, the law of good, is the principle of right thought, right action, right living that rules my thinking and my living.*



THE TRUTH of God, the law of good, annuls every belief in my mind that evil can operate as principle. The law of Spirit now annuls every belief in my mind that there can be a law of evil or a law of disease at work in my life. The principle of good is the law of right thinking that regulates and disciplines the thoughts of my mind and the acts of my life.

God, divine principle, is the rule of my life, health, and very existence. Even as I know that there is no other God, so do I know that there is no other rule, principle, or law governing me, my health, my life, and my work. I know that God is One, His principle one.

The existence of God, the good, as principle is true; all else is false. All my thinking and living is now based on this premise. There is one God, one principle of Truth, one law of reality. There is no opposition to God, no rival to His law, nothing but the principle of good.

God, divine principle, is the background of my existence. I base all on Him. He governs me to the utter exclusion of all else.

**Thy law is truth.—Psalms 119:142.**



## The First Christmas

No glitt'ring tinsel caught the eye  
Nor gaudy tree nor tissued red  
But Mary, Joseph, and the rest  
To give a joyous welcome to  
Then joy and love were everywhere  
The light of heaven filled the stable  
Then, to surroundings simple, pure  
And, through the centuries, all  
Now to that simple Christmas morn  
I seem to sense its joy and love  
I turn to Christ within my heart  
Rejoicing, just as Mary did, for

# st Christmas Night

caught the eye on that first Christmas night,  
no red or green was there in sight,  
and he rest prepared in manner mild  
to welcome the coming Christmas Child.  
The air was everywhere and glory filled the place;  
The light shined and shone on Mary's face;  
The simple, plain, the Guest from heaven came  
And all men rejoice to speak His name.  
On Christmas night my heart is turned today;  
For joy and love, for more of these I pray;  
Within my heart, the Child of heaven's grace,  
I have seen His face.

*I am free from the habit of impatience because I know that God in the midst of me will bring good to pass.*



ODAY I free myself from the habit of impatience. I do not fear the outcome of events. I do not think of situations as mastering me. I no longer think of God's help as being thwarted or delayed. I know that I need not be impatient, since even now God is bringing good to view.

I am not impatient, because I realize that the Spirit of wisdom, peace, justice, order, and success is now at work in all my affairs. No adverse belief can prevent the operation of Spirit. No belief in time can delay Spirit's perfect work.

God in the midst of me is now making me peaceful and quiet, filling me with faith and trust. I give up the old tendency to feel that adversity can appear before God's work can be accomplished. I give up the belief that anything of the external world can prove too much of a problem for me or the Spirit of God within me.

I now live in God's world of peace, order, and justice. In this world everything comes to pass at the right moment. Nothing can prevail against the perfect working of Spirit. I am no longer impatient.

Let patience have its perfect work.—James 1:4.

SUNDAY, DECEMBER 13

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*The omnipresent peace of God fills my mind, my body, and my environment.*



EDITATING upon the peace of God, I realize that in the world of reality there is no inharmony or confusion. I know that beyond the realm of sensate thought there is only harmony, only peace. I realize that in Spirit peace is omnipresent, that God is everywhere expressing Himself as perfect peace.

Giving up all belief that any person or thing can cause inharmony in my life, I become unified with the peace of God. Through spiritual consciousness I am joined with the peace of heaven. As my mind becomes freed from inharmonious beliefs, peace expresses itself throughout my very being.

My body manifests the peace of the presence of Spirit within it. Peace fills my nerves and my muscles. Mentally and physically I become an outlet for spiritual peace, now seeking expression through me. I become a channel through which God manifests Himself as peace.

My environment loses all character of inharmony. No inharmonious condition can appear in my surroundings. Harmony and peace now appear as God's coming into visibility.

My people shall abide in a peaceable habitation.  
—Isa. 32:18.

*I give up thoughts of adversity and limitation in order to be unified with the mind of Christ and to think thoughts of Truth.*



**I** WILLINGLY give up thoughts of ignorance, inharmony, fear, hate, disease, and failure, that I may think the thoughts of Truth—wisdom, peace, love, health, and plenty. I exchange sense thinking for Truth. I no longer believe in sense or carnal-mindedness. In Truth, there is but one Mind, Divine Mind—the Mind of Truth, whence emanate true and spiritual thoughts.

Unified with the mind of Christ—the mind of peace, love, and health—I readily think thoughts filled with spiritual power and feel them manifest in me and in my affairs. Nothing can prevail against the mind of Christ or spiritual thought. Nothing can stand against the power of Christ, which manifests in the thoughts emanating from the Christ mind.

I know that the same Christ mind, the same spiritual consciousness, which was in Jesus is now in me, when I give up sensate beliefs and lift my thought heavenward. I realize that in reality there are only true and spiritual thoughts, only the emanations from Christ.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

TUESDAY, DECEMBER 15

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*In the world of Truth and Spirit,  
there is no injustice. Raising my  
thought to this standard, I see justice  
appearing in my world.*



ISING OUT of all belief that any one can be unjust with me, that injustice has any place in my world, I rise to the heights of spiritual consciousness where I realize that in the world of Truth, back of the seeming, God's justice reigns supreme. This justice establishes itself, and puts an end to the belief in man's injustice to man.

I know the importance of not judging another according to personal or limited standards. I am certain that I have no moral right to pass judgment upon another, neither should I believe that he can do so to me. In God's world, there is but one Judge—and I am willing that God's judgment should stand.

I no longer think of circumstances of the past in which I think that I was dealt with unfairly. I cease to think of any person as having ever been unjust with me. I do not think of injustice as personal, but instead I handle it as merely my own adverse thought, to be corrected through impersonal Truth.

God's justice reigns supreme.

But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, I judge not mine own self.—*I Cor. 4:3.*

WEDNESDAY, DECEMBER 16

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*Placing myself under the praise of God, I no longer condemn myself or others.*

**I**N DECIDING to free myself from the habit of condemnation, the habit of condemning myself or others, I place myself and all my affairs in the keeping of God, receiving His love and praise. I free my thought from all tendency to be critical. I do not look for shortcomings in others.

Since God is all power, and since He gives me His peace and approval, whom shall I fear? To whose criticism and condemnation should I give thought? Who can usurp the power of God? Who has power to condemn me when God has power to bless?

Instead of trying to improve myself by looking for my faults and shortcomings, I look to the standard set by God. I behold the divine ideal of me now seeking-expression, and I seek to measure up to it. I seek to bring forth that in me which cannot be condemned. I strive to let that in me manifest which no man can condemn or criticize—the Christ!

Instead of criticizing others, I praise them. I seek for the good and help them to magnify it. I realize that all these are striving to bring forth the best that is within them.

When he giveth quietness, who then can condemn?—*Job 34:29.*



*I go forth this day unafraid, because  
God in the midst of me is fearless and  
courageous.*



THE COURAGE within me, now expressing itself, puts to flight all belief that I am afraid of any person, thing, or circumstance. I no longer fear persons or things of the external world. I know that God within me is supreme over my world. I know that there is nothing to fear, since all the world is under the power of Spirit within me.

I do not fear events of tomorrow. I am willing to place all my affairs in the keeping of God and courageously face the outcome. I am not afraid of financial situations, because I know that the Spirit of prosperity can handle all these.

Courage fills my mind and impregnates my every thought. All thought of fear is now erased from my mind, and I go forth in the courage of a child of God, for such I am in Truth. He fills me with His Spirit of fearlessness, and I am armored in His protecting thought.

In the reality of Spirit, there is no fear, no person or thing to fear. I rise to the consciousness and understanding that I live in a realm devoid of fear.

*In great fear, where no fear was.—Psalms 53:5.*

*I abide in heaven, the state of perfect harmony, because I no longer think or see evil.*



**K**NOWING that heaven is a state of consciousness, I guard my thought that I may be free from evil and established in heaven. I know that heaven is not in some distant place, neither does it exist in some future time. In reality, heaven is wherever God is, and I discover it through realizing the omnipresence of God.

I do not put off until tomorrow the enjoyment of heaven. Right now is the time to realize that my heavenly blessings are at hand. Peace, joy, love, health, and success now come to me as heavenly benedictions. These attest to the truth that God is ever with me, loving me, sharing His good with me.

Since in heaven there is no evil, so must my thought be cleared of all belief in evil, in order that I may enjoy heaven. As I cease to believe in being separated from heaven, I find that it is within and about me. In reality, there is neither hell nor devil. In reality, God alone exists—and heaven is His world.

Abiding in God, I live in His presence, the realm of heaven, the manifestation of light, peace, joy, life, and love.

The kingdom of heaven is at hand.—*Matt. 4:17.*

*The light of Christ burning within my breast scatters all darkness and ignorance from my life, and I am illumined and inspired.*



PIRITUAL LIGHT burning within me, the light of God's wisdom, now dissipates every belief that I have entertained in ignorance. I am no longer ignorant. I realize that I am the child of God, filled with His light and understanding, one with His wisdom.

In the sight of God I have never been without understanding. In Spirit I am one with the illumination, inspiration, and revelation of Christ. All knowledge, instruction, and information are mine through my turning my thought to the light of Christ.

The light of infinite wisdom illumines my consciousness, and I know all that I need to know. I am aware of the light at all times, and I go my way, knowing that darkness cannot obscure my path and that ignorance cannot keep my good from me. I am illumined by the light of Truth, shining to guide and to direct me in all my ways.

Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—  
*II Cor. 4:6.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY  
December 20 to January 19

ILLUMINATION

*In His name, the light of Spirit illumines and inspires me.*

HEALTH

*In His name I claim the healing power of the Holy Spirit, and I am made whole.*

PROSPERITY

*In His name I claim the riches of the Holy Spirit, and I am in all ways prospered.*

*The healing presence of Christ within me becomes, to me, the reality of my life and strength.*



DIRECT my attention away from all belief in weakness and disease. I center my thought in that within me which is divine, true, and living. Christ lives in me and His presence is, to me, the presence of my life, health, and strength. I look away from disease and weakness, that which does not exist in God's world, the world of Truth, and I behold the presence of life, health, and wholeness.

Turning to God, I am healed and restored. Turning my thought to His perfection, in which my own wholeness exists, I behold myself whole and well. I lay hold of the truth that I am created in the image and likeness of perfection, God. I know that in God's sight I have never been and never shall be other than healthy and strong.

The healing presence of Christ is within and about me, raising me to the consciousness that in God's sight I now manifest the life and health of His perfect child. No human belief can keep me from expressing in my life that which becomes the presence of Christ, innate health, within me.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—*Jer. 30:17.*

*In God's world, the world of reality, in which I am now living, there is no lack. God's bounty appears everywhere as my supply.*

**I**N TRUTH, in the world of reality, there is no failure, no depression, no financial loss, no deprivation. I cease to be a part of that thought, that state of existence, in which men believe that God's bounty is in any way withheld, His supply denied.

The supply of God, my Father, appears wherever I am. I have no difficulty in finding my position in the world, because I know that when I find my place in my Father's love my position is established in love and plenty. I realize that when I cast out belief that God's bounty is limited, then do I behold it as my omnipresent supply.

I go forth with the inner conviction and assurance that I prosper in all that I do when I realize that the success of Christ within me is my own success. I can do whatever I undertake to do when I know that Spirit within me never fails. I prosper in all my work when I accept Spirit as my success and prosperity.

Keep therefore the words of this covenant, and do them, that ye may prosper in all that ye do.—*Deut. 29:9.*

*Christ in me is now united with  
Christ in all men, and I am unified with  
all that is good and noble.*



**REALIZE** that in Truth there is no separation. As I cannot be separated from God at any time, so I cannot be apart from His good, wherever it is found. The Christ in me, my divine self, is always at one with the Christ in all others. The good of God is indivisible. Christ in me is forever at one with God's good, wherever it is expressed.

I know that universal brotherhood always exists in Spirit. In Truth there is no hate, jealousy, or selfishness to cause the children of God to be separated one from another. In Spirit all are bound together through their relation to the one Father, and by virtue of His indivisible love.

Through spiritual unity I find my relation to Christ within me and Christ about me. Knowing that He is within me I am able to find Him in others. I am able to see the peace and the love within them that are akin to Christ in me.

The knowledge of Christ will usher in peace, health, and love.

Behold, how good and how pleasant it is  
For brethren to dwell together in unity!

—*Psalms 133:1.*

*I relax in mind and in body because I know that God is with me and taking care of all my affairs.*



**I**YIELD every thought of tenseness in order to experience the peace and trust that come from relying on God. I give up every belief in mental or physical strain, that I may more fully know that all my affairs are in His keeping and that good is sure to come to pass.

As I relax mentally I give up every thought of strain. I am no longer concerned about my health, my relatives, or my business. I place all these in God's loving care, knowing full well that peace, justice, order, and success will be the outcome. I rejoice to feel that I need no longer be afraid of the future. I need not anticipate disaster. No harm can appear in my world when my thought is centered on God.

In this state of relaxation I make myself an open channel to receive God's life and blessings. New life comes to me in exchange for tenseness. As I draw nearer to God He draws close to me. Now He is at one with me, and I am no longer tense. Now I feel His presence and know that all things are working for good. I know that He is in charge of my life.

He leadeth me beside still waters.  
He restoreth my soul.

—*Psalms 23:2, 3.*



*As my Father has given me freely of Himself, so give I unstintingly to those about me.*



THE GOOD that comes to me finds me a channel for receiving and for giving. Every blessing that comes to me is given an added blessing before I, in turn, give it to another. Every gift that goes from my hand receives my blessing of love and increase.

Divine wisdom is always added to everything that I give another. I know to whom to give and just what the gift should be. Through wisdom my gift is wisely chosen. Through love it is lovingly bestowed. God adds His blessing, and both giver and receiver are made happy.

In giving I know that I but pass on that which God has intrusted to me. When I become a willing giver I become a channel into which God pours more of Himself—more of His substance, peace, and love. My supply can never be depleted through giving. That which goes forth from me with my blessing but makes room for more good.

When I give, Christ in me gives. Into my gift goes the best that is within me. I give of myself, of Christ within me, when I give. Christ in me pours out a blessing upon all that I do in His name.

**What I have, that give I thee.—Acts 3:6.**

*Christ in me this day comes forth as the visible manifestation of my ideal of perfection.*



ODAY I expect Christ, the Son of God, within me to come forth as visible evidence of my divine sonship. I expect to lose sight of every material belief that would obscure the Christ Child to my vision. I know that, when Christ is formed in me, there will manifest peace, love, joy, and perfection.

Joy fills my consciousness today as I realize that the Son of God in me now appears as my own divine sonship. I give up all former beliefs that I am anything less than a child of God. I enter into the spirit of joy today by entering into the consciousness of Christ within me.

As I say to myself, "Christ in me," I realize that there is within me the very Spirit of God—the Spirit of light, peace, love, life, and joy. As I invite Christ in me to come forth, I cease to think adverse thoughts, that I may make myself a vehicle for the outpouring of the Christ Spirit, perfection, within me.

O Christ in me, come forth. Let Thy presence reveal Thy joy, love, and life—now being expressed in me. May Thy presence in all men everywhere be this day revealed. May the world turn its eyes to Thee.

Christ be formed in you.—*Gal. 4:19.*

*The quietness of my indwelling Spirit extends to every part of my being, and I am poised and still.*



TURNING to Spirit within me, I turn away from everything in the outer world that would disturb my quiet. I cease to think of persons or things as having power to interfere with my innate stillness. I look away from any disturbing element, that I may realize the peace, stillness, and quiet of Spirit, of heaven, within me.

To every noise and confusion, Spirit within me says, "Be still. Know that I am the God of quiet, and beside me there is naught else. I am the God of stillness, and in my presence no noise or confusion can exist." Even as I declare these words, I realize that the Spirit of quietness and stillness reigns supreme.

God now makes Himself known to me by the sense of quietness that prevails throughout my being. I am free from all distraction. I abide in the conscious realization that the peace and quiet of God within me set in order all confusion of the outer world.

Living in the presence of God, I abide in His stillness, in the quiet of heaven. Nothing of the world about me can draw me away from this realization.

Be still, and know that I am God.—*Psalms 46:10.*

*The Spirit of God in me gives me power and dominion over all the affairs of my world.*



**I**N MY HEART of hearts I know that God is omnipotent. I know that His Spirit within me is mightier than the so-called powers of the external world. I realize that nothing in the world can have power to affect me when I realize the power and dominion of Spirit within me.

I place all my affairs of the world in the keeping of God, knowing full well that all things of the world must recognize His supremacy. I know that persons, things, and circumstances in my life cannot harm or affect me, since the Spirit of God gives me dominion over my world. No belief in sin, disease, or adversity can dominate me, since I ascribe all power, authority, and dominion to God.

Conscious of God's power and dominion, I lose all thought of things of the world as having power. I do not think of external things as having power to make me unhappy, since God in the midst of me is mighty to fill me with joy. I give up all belief in the power of material things as I come into a fuller realization of God's might and omnipotence. In all this world nothing can usurp the power of God.

Let not any iniquity have dominion over me.—  
*Psalms 119:133.*

*In God's sight I am free from all imperfection. I seek to manifest my innate perfection as His image, creation, and child.*



S I meditate upon the truth that God has created me in His image and likeness, I lose sight of all thought of imperfection. I know that I cannot be loyal to the truth of my perfection and, at the same time, keep my mind upon beliefs in personal shortcomings. In spiritual consciousness, man stands revealed as he exists in the sight of God—free, perfect, and masterful. In the reality of God, I am perfect, always have been, and always shall be.

In the heavenly realms of mind, I now perceive myself as free from all personal blemish. I see myself as reflected in the mirror of Truth. I behold my freedom from bondage, ignorance, sin, hate, fear, disease, failure. I realize that in Divine Mind I am God's idea of perfection becoming manifest. In His sight, I am devoid of all that would make me unworthy of the claim to divine sonship. I am free from every characteristic opposed to the nature of my Father. I now stand revealed in His presence, within and about me, as the expressed image of His likeness.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

*The truth of God, the truth of my relation to life, is now revealed to me and sets me free from thinking about that which is not true.*



**I**N CLEARING my mind of that which is not true, of those beliefs which have no foundation in Truth, I behold the unchanging, absolute Truth of God. I yield half truth in order to perceive Truth in its entirety. I give up thinking of myself as limited in any way in order to realize the truth that I am unfettered, unbound. I disabuse my mind of the belief in sin, fear, and disease, that I may clearly realize the truth of my true relation to God, in whom exist all good, all love, and life eternal.

The truth that I am now thinking puts an end to all former beliefs based on ignorance, superstition, and fear. The truth of my relation to life causes me to turn from preconceived ideas not based on Truth. The truth of my perfection and wholeness now dawns on my consciousness, and I know that that which is true of God in the midst of me is also true of my real self.

Christ, divine Truth, now reveals Himself to me, and I know the utter falseness of all that is unlike Him. I know that Christ, the Truth, is all in all.

God is true.—*John 3:33.*

*The Spirit of wisdom now reveals my way to me, and I find it a path of peace, joy, health, and success.*



**S** A CHILD of God I know that the Spirit of light, harmony, life, and prosperity attends me at all times. My way is made easy, since Spirit goes before me and removes all obstacles and barriers to my progress. Spirit reveals to me my path in life—the way of understanding, happiness, life, and plenty.

I do not think of myself as having to go the way of sharp stones and bleeding feet. I do not think of my path as one of hard experience, sacrifice, and denial. I know that in Spirit there is but one path, the way of Truth—peace, love, happiness.

Through spiritual consciousness I realize that my way is now opened to me. I behold my path illumined with light. I am conscious of naught but the presence of God, evidenced by the omnipresence of good. I am sure that God is now surrounding me with everything that contributes to my advancement and well-being.

Going onward in the realization that wisdom has shown me the way, I am free from hesitation and indecision.

To him that ordereth his way *aright*  
Will I show the salvation of God.

—*Psalms 50:23.*

*This day I forgive myself and all  
others of every fault and shortcoming.*



ODAY I release myself from every limiting thought that I have held about myself or others. I cease to think of my mistakes of yesterday. I no longer hold others in the thought of their shortcomings of the past. Today I am released from all sense of burden coming from failure to forgive.

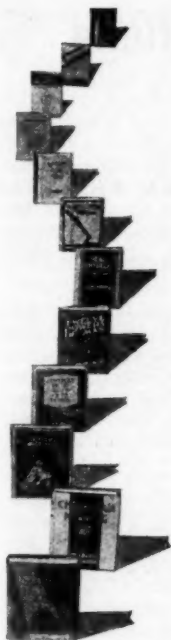
Through my consciousness of forgiveness I know that Christ in me is now releasing me from all bondage to sin in the past. I realize that Christ, the Truth, has set me free.

Today I forgive my associates for everything that they have done which has caused me sorrow or anxiety. In the all-encompassing forgiveness of Christ, there can be no bondage to the past, no memories of wrongs, no unforgiven offenses. I am willing to release from my mind all beliefs of personal injury. I am ready to leave with the old year that which belongs to it and to enter a new year, a new world, unsullied by my adverse thoughts. Today I prepare to greet 1932 with a clean mind and a clean heart.

If thou, Jehovah, shouldest mark iniquities,  
O Lord, who could stand?  
But there is forgiveness with thee.

—*Psalms 130:3, 4.*





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